

Guardian

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DANCON
GOING THE DISTANCE

In the shadow of a Mountain

I will never quit.



Give your feet the memo.

Your feet can take you places.



Take care of them!

This message brought to you by Task Force Falcon Command Information

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PHOTO BY SPC. LYNETTE HOKE

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PHOTO BY SPC. ALICIA DILL

On the Cover:

COVER PHOTO BY SGT. 1ST CLASS BOBBY GRISHBY

Staff Sgt. William Grey-Mclaren, Ground Ambulance Team, C Company, Task Force Med Falcon, takes a break to show off a popular energy booster on the DANCON March, oranges.

Brig. Gen. William Wade II

The commander of Multinational Brigade (East) answers a few questions ranging from this deployment to the legacy of the 40th ID. The general speaks on a few topics every Soldier should understand.

1. How would you characterize the National Guard's role in our nation's war on terror?

The National Guard is America's premier and primary force for domestic homeland defense in the war on terror. No service – active or reserve – is better qualified to defend the homeland. For 369 years – since 1636 and 140 years before the birth of the United States Army – the National Guard of the United States has been America's Army, defending our shores and homeland against all enemies, foreign and domestic.

2. What challenges come with this mission in Kosovo?

Surely, the distance and time away from home and civilian jobs cause Soldiers and their families great concern. However, the biggest challenge will be keeping the Soldiers alert to the ever present dangers inherent with this unstable environment.

3. What is unique about the 40th ID that guarantees a successful mission in Kosovo?

Nothing will guarantee success; however, I feel the extensive experience in Military Support to Civil Authority, Partnership for Peace, and the unique civilian skill sets provided by each and every Soldier are surely operational and environmental multipliers that contribute to our ability to be successful.

4. What do you expect your soldiers to contribute to the legacy of the 40th ID?

This is the first active duty deployment (other than for training) of the 40th Division in over 50 years. The last time the Division was deployed was 1952 to 1954 in Korea. This deployment is important because it is the first



time the Division's colors have flown over foreign soil for an operational, active duty mission since the Korean conflict over half a century ago. This is also the first reserve Division – National Guard or Army Reserve – to be assigned a year-long mission in Kosovo since this peacekeeping mission started. That is what all of these Soldiers – Guard and Reserve alike – contribute to the legacy of the Sunburst Division.

5. Is there a camaraderie that exists in the 40th ID and if so, how have you seen that exhibited throughout your career?

Everywhere the Division goes, everything we do, every mission we are involved in – state or federal – the Division and its soldiers repeatedly receive accolades for their dedication, professionalism, and willingness to go that extra mile to ensure success and mission accomplishment. All of this clearly sets Sunburst Soldiers apart from others. They are professional, they are pleasant in their dealings with others, and they exude an air of confidence and capability.

Guardian

Produced for Personnel of KFOR Multinational Brigade (East)

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Quicktime

Freedom Team Salute to recognize Army's extended family

By Eric Cramer

WASHINGTON (Army News Service, May 2, 2005) – In a Pentagon ceremony May 2, the Army kicked off its Freedom Team Salute campaign designed to recognize those who support Soldiers' service and veterans who have served the country in the past.

The first person to receive the honor was David Rodriguez, a decorated veteran of the Vietnam War who currently serves as the commander of the American GI Forum, an organization for Hispanic veterans of the Army.

The Freedom Team Salute package includes an "Army of One" lapel pin, an official Army decal, a letter of appreciation signed by the Army chief of staff and the secretary of the Army, and a letter of thanks signed by the chief of staff and the secretary.

Francis Harvey, secretary of the Army, said the goal of the campaign is to recognize those who make Soldiers' service possible.

"Our Soldiers could not answer their noble calling of defending the values that have made our country great – this call to duty – without the support of those from whom they draw so much strength; spouses, parents, relatives, teachers friends and employers," Harvey said.

He said Army veterans are also a key part of the campaign.

"Of particular importance is the recognition that this program provides for Army veterans," he said. "Today these courageous men and women collectively represent 10 million out of a total of 26 million veterans residing in all 50 states," he said. "Freedom Team Salute provides another opportunity for the Army to show its appreciation to veterans and Veteran Service Organizations for their dedicated serviced and continued support of today's soldiers and families."

Gen. Richard Cody, vice chief of staff of the Army, said Freedom Team Salute is a way to recognize



the sacrifices of those who don't wear the Army's uniform. He said he had recently visited a New York National Guard unit who had rescued American hostage Thomas Hamill.

"But that's not surprising considering the outstanding Soldiers that make up the unit and the incredible support they have received from their families, employers and units," Cody said. "Freedom Team Salute allows our Soldiers to pause and say 'thank you' to our incredible extended Army family that has done so much for our troops."

Cody introduced three Soldiers who had nominated family members or employers for the Freedom Team Salute program.

First Lt. Jennifer McGhee, U.S. Army National Guard 1710th Transportation Co., presented the commemoration package to her employer, Chris Small, of the Alexandria, Va., based Arrowpoint Corp., an Army veteran who, she said, not only supported her service with her unit, but also promoted her.

Master Sgt. John Melada presented

the Freedom Team Salute package to his wife, Michelle, for her support while he was deployed with the 323rd Military Intelligence Battalion.

Spc. Nicolas Turner, of The Old Guard, presented his parents with the recognition for their support of his service.

Rodriguez said receiving the Freedom Team Salute recognition is an honor.

"It's going to be good for the Army. When I saw the one sergeant present the pin to his wife, or the young sergeant to his parents, it almost brought tears to my eyes," Rodriguez said. "We need to recognize what's going on in the United States, and show the people in the community that the military, the Army, knows and cares about the sacrifices they make."

Soldiers who wish to nominate someone to receive the Freedom Team Salute recognition can do so by visiting the campaign's official Web site at: www.freedomteamsalute.com

Snatch and grab training



MSU soldiers wait for the signal to move out after completing CRC training with Company C, 1/160th Infantry at Camp Monteith.

There are two key elements necessary to conduct Crowd Riot Control (CRC) training, a crowd and the crowd control. When the role players and Soldiers are composed of the same military group, speak the same language and operate under the same tactics, the training goes pretty smooth.

However, when a different military group is integrated into the training, does not speak the same language or operates under unfamiliar tactics, it gets...interesting.

Soldiers from the Multinational Specialized Unit (MSU) along with Soldiers from Task Force Sidewinder's C Company gathered at Camp Monteith to conduct joint CRC training.

The event started off with a short welcome by Capt. Christopher Silva, Commander, Company C, 1-160th Infantry. The two military groups congregated in front of a Bradley where Silva laid down the ground rules.

"Rule number one," he said. "Do not strike them (civilians on the battlefield) with the baton. Indicate an upper body blow by tapping your shield."

Capt. Nicolas Bassot, MSU G-3, Deputy Chief provided the translation to the formation of French soldiers.

Silva continued, "A leg strike will be indicated by tapping the ground. Silva paused after each statement allowing time for Bassot to translate. The instructions generated awkward expressions and mumbling in the MSU ranks.

"If someone grabs your shield brush their fingers off using your baton," said Silva. "Do not strike them with your baton."

The ground rules were set, but neither side had done CRC training with the other prior to this event. The MSU didn't know what to expect from the American civilians on the battlefield (COB's) and the American COB's were unfamiliar with the riot control tactics of the MSU.

The training light went green and the COB's started walking

down the hill rather boisterously yelling, "Get out of here! We want to stay here! Go home!" The phrases were repeated and finally they banded their voices together and began to chant, "KFOR no more! KFOR no more!" Fists shot into the air as they gained energy feeding off of one another.

The French MSU saw this turning point in the choreographed demonstration and a command from the rear of the formation led to a change in posture.

"They had two lines and they both had their soft caps on and they didn't even have their shields out at first," said



Spc. Zachary Clements, rifleman, 1-160th Infantry Division, Task Force Sidewinder, acting as a COB for CRC training with the MSU.

acting COB Spc. Steven Shaw, Squad Automatic Rifleman, Company C, 1-160th Infantry. "They were just standing and had their batons on their arms. Then they took the shields out and the guys behind would grab the helmets and put it on the guys in front of them."

With the MSU equipped with shields and helmets, the COB's became even more aggressive. They began running up and grabbing the shields, kicking, shoving and lunging into the first rank in an effort to break through their line. As equipment hit the ground and helmets were rearranged, the MSU took the choreographed mistreatment.

In the midst of the commotion, a command voice ascended the chaos. From the rear of the formation the MSU Sergeant Major gave his directive. The unfamiliar language and the brief pause that followed did little to intimidate the COB's...then the whistle blew.

MSU Soldiers sprung forward in a full sprint. The other members of Company C watching from the sideline broke out in laughter as they watched their fellow Soldiers (COB's) taken by surprise. COB's were grabbed, taken to the ground and restrained. Additional whistle blows sent MSU Soldiers sprinting forward repeatedly snatching more COB's and driving the violent demonstrators further down the road.

Shaw, one of the aggressive COB's was surprised at the MSU's response to the COB's behavior.

"When we do it (training) with American Soldiers, it's usually to see if they'll lose their cool," said Shaw. "But with the French, I guess that's just their tactic. They play a much more aggressive role. They'll come at the crowd instead of letting the crowd come to



A MSU Soldier restrains acting COB, Spc. Steven Shaw, Squad Automatic Rifleman, Company C, 1-160th Infantry, during a joint CRC training exercise held at Camp Monteith.

them."

An end exercise (ENDEX) was called and it was time for the American riot control to share their tactics. While Soldiers began setting up their formation, the Company C onlookers surrounded the COB's expressing their satisfaction with the entertaining event they had just witnessed.

"That was awesome," says Sgt. 1st Class Christen Baity, Platoon Leader, Company C, 1-160th Infantry. "You went down! Then they do the charge,

I love that!," said Baity.

One of the COB's replies, "Glad we could make you laugh."

Observing the training was Maj. Anthony Noll, S-3 Operations Officer for Task Force Sidewinder. He enters the COB's conversation and says, "If they send a snatch team out, then they got you."

The acting COB's acknowledge the statement and the group breaks up to support their fellow Company C Soldiers in a demonstration of American

CRC continued on page 23

Two routines, two Soldiers



One emergency room nurse has her sights set on losing 40 pounds and keeping it off for good. With an intense cardiovascular routine and proper nutrition, Capt. Leanna Brown is on her way.

Basic Information

Name - Capt. Leanna Brown

Age -42

Height - 5'6"

Weight - Start weight 165 pounds, current weight 144 pounds, goal weight 125 pounds

Unit -Task Force Med Falcon

Job title- Emergency room nurse

Workout inspiration-

My inspiration has come strictly from within. I weighed 125 pounds for most of my life, and after gaining 73 pounds with my son in 2000, I decided it was time to lose the weight.

What is your workout routine?

My routine is a 75-minute cardiovascular routine. I change the equipment (treadmill, elliptical, stationary bicycle) daily, but mostly, I use the treadmill. Every week I will alter the time on each piece of equipment. On the treadmill, I go for time and grade instead of speed. Currently, I increase the grade and speed every five to six minutes. Starting at a speed of 2.5 - 3.0 miles per hour and a grade of 2.5 percent. Trying to end the workout with a grade of 7

percent and speed of 4.1 mph, this will last the full 75 minutes

What is your diet?

Diet-wise, Hohenfels, Germany was the major starting area. I just couldn't eat there. After arriving at Camp Bondsteel, I try to eat the correct foods. Currently, I am at a one pound per week loss.

How did you come up with this routine?

Mostly it was made up by me. I try to keep my heart rate at a consistently rising level, hoping to obtain the most beneficial results

Has it been successful?

So far I have lost 21 pounds and two pants sizes

What is your fitness goal while you are here in Kosovo?

My goal is to reach 125 pounds, but also to have a workout that I can take and use at home.

Are you reaching this goal?

As of May 7, I have been activated and deployed 126 days (starting January 2, 2005), during these 18 weeks, I am losing an average of 1.2 pounds per

week. I am more than half way to my goal at this point. According to most research, if you lose one to two pounds per week and incorporate exercise/healthy diet, you can reach your goal and maintain that level

If you were to offer this workout routine to someone else, how would you explain it? Who would you recommend it to?

There is no real rocket science, I got rid of fast food, started eating more fruits and vegetables and added moderate exercise.

Anything else you would like to add?

My biggest weight loss problem was not the ability to lose the weight and lose it correctly. The problem was that I worked long hours, was on the road a lot and ate the quickest thing that I could find, usually fast food. This added up to total physical disaster. Before this deployment, I was put on a blood pressure medicine and one to lower cholesterol. When I go home on leave I am hoping to decrease the amounts of these medications and eventually not take them at all.

with one goal, to loose big!



With plenty of inspiration to get to the gym every morning, it is no surprise this Soldier is reaching his goals. Setting a standard of eating habits is part of his plan for a healthy lifestyle.

Basic Information

Name - Sgt. 1st Class Arthur Boone

Age - 52

Height - 5' 10"

Weight - I weighed in at 244 pounds in December, as of May 9 at 221 pounds. I have lost 23 pounds and my goal weight is 190 to 200 pounds by December.

Unit - Task Force Med Falcon

Job title - Noncommissioned Officer In Charge of Medical Logistics.

Workout inspiration-

Capt. Scott, Sgt. Forrest, and Sgt. Regan have inspired and motivated me to lose the weight.

What is your diet?

My diet consists of 1,300 calories per day. However, on Sundays I am allowed to go over 1,300 calories by eating dessert.

What is your work out routine: I follow a work-out program that was created by the Morale, Welfare, Recreation center. It is easy to lose but hard to maintain sometimes. My weight goes up and down.

How did you come up with this routine?

The 1,300 calorie diet came from Capt. Jimmy Scott, nurse, Task Force Med Falcon. I eat only egg whites at breakfast, oatmeal, or cereal and fruit. At lunch I eat tuna, peanut butter and crackers.

If I eat at the Dining Facility, I count my calories. My training routine came from Sgt. Shellane Forrest, Sgt. Ginger Regan, and Staff Sgt. Lawanda Toney, all from Task Force Med Falcon. Forrest calls to wake me up at 4 A.M. so I will go to the gym and workout.

Now that our schedules have changed with classes and everything, I get up on my own and walk. Being on my own, the guys in the gym are helping me by pushing me to continue with my weight loss.

Has it been successful?

Yes, the scale doesn't lie. My wife took a picture of me back at Ft. Lewis, Wash., with me in my Physical Training uniform and I send her a picture once a month so that she can see the progress that I am making. I will be going home for Rest & Relaxation in September and I hope and pray that I am down to 210 pounds.

What is your fitness goal while you are here in Kosovo?

My goal is to reach 200 pounds by December 2005. And get buffed up as well.

Are you reaching this goal?

Yes, I have lost 23 pounds since December 2004.

If you were to offer this workout routine to someone else, how would you explain it?

The MWR has a very good weight loss program. First, I would explain how important it is to find a comfortable eating program that you will be consistent with.

Dieting can't and shouldn't last forever, but good eating habits should. And a workout program that you can do everyday after you leave here to maintain your desired weight.

Anything else you would like to add?

In 1998, I was in Bosnia for nine months and was on a weight program and didn't receive any awards. I made up my mind that wouldn't be the case this time.

This time my reward to myself will be to successfully lose 44 pounds before I leave Camp Bondsteel.

What makes the Army: Soldiers

This school teacher deployed to Kosovo takes her job as a Soldier and a peacemaker seriously. Sgt. Cara L. Morgan, an Ohio National Guard servicemember, has stayed on since the last rotation to help with a mission of providing a safe and secure environment for all the Kosovo people.

Volunteering at a local orphanage is one way Sgt. Cara L. Morgan passed the time in Kosovo. Morgan shown holding a baby boy, volunteered for six months and watched the children grow up in the orphanage.

It was the look in the childrens' eyes," said an Army sergeant as she explained why her time spent in Kosovo has made an impression that will last a lifetime. "Seeing how grateful the families were for the little things we handed out made me appreciate what I have back home."

Sgt. Cara L. Morgan, of Newark, Ohio, is one of the many Soldiers from the 6A rotation of Multinational Brigade (East) who decided to extend



PHOTO COURTESY OF SGT. CARA L. MORGAN

their tour in Kosovo to assist the 6B mission. She brings experience, versatility as a Noncommissioned Officer, and plenty of support from her civilian life, she said.

In an effort to save her family from struggling to pay for her education, Morgan decided to join the Ohio National Guard and become a logistics specialist for the Headquarters and Headquarters Company, 37th Basic Combat Team, in Columbus, Ohio.

After receiving her degree at Kent State University and working as a special education teacher at Newton Elementary in Ohio, Morgan traded her stateside classroom for a completely different experience.

"Being here is something I would never imagine for myself," she said. "When I found out I was coming to Kosovo I didn't have a clue what to expect."

Surpassing her own expectations,



PHOTO COURTESY OF SGT. CARA L. MORGAN

Sgt. Cara L. Morgan poses with one of the children she spent time with at the orphanage. She volunteered every Tuesday during the 6A rotation.

Morgan spent the first six months as a retention NCO for the G-1 section, Task Force Falcon, Headquarters and Headquarters Company at Camp Bondsteel, and decided to stay another six months.

"My section ended up extending 90-plus Soldiers over the six month period, out of 160 who were eligible," she said.

With the transfer of authority to the 6B rotation, Morgan was given the opportunity to see more of the province, up close and personal. "For 45 days, I was the driver for the Political Advisor of Commander, Kosovo Forces, in Pristina," she said. "I had the opportunity to travel all over Kosovo and I learned more in 45 days than I did in the entire six months I was here before."

"I was a part of the main mission and I had the chance to meet ambassadors, work in a multinational environment and really understand the political issues that are happening in Kosovo," she said.

With her driving experience in

Pristina complete, the blonde-hair, blue-eyed, sergeant was transferred to her current assignment. "I chose a job specific to my Military Occupational Specialty, Logistics," she said. "I work at the Material Management Center with Class Nine equipment, everything from helicopter parts to light bulbs, I have to order and authorize."

Having had three separate jobs while supporting the mission in Kosovo has kept things interesting for Morgan, but that is only part of the reason she extended. "Last rotation, every Tuesday, I volunteered at an orphanage in Kosovo," she said. "I was also going to different schools and helping out.

"The school I worked at in Ohio had a penny drive and it ended up with \$1,700 in pennies alone to send stuff over here to be donated," she said. "One boy donated \$80 of his own allowance."

"The kids knew what it was going for and it made them realize how lucky they were to have what they do in the United States," she said. "The school

is so proud of me being over here that they even had my photo on the donation buckets."

Giving back to the community and helping out the local schools has not stopped with this peacemaker. "When I was in Pristina, I did a humanitarian mission where we got a list of families, including how many children they had and an idea of what they might need," Morgan said. "We separated all of the donated items and made a box for each family in the village so it was specific to them and then most people would trade items within the village."

Combining her Army experience with her life as a school teacher, Morgan has learned a few lessons during her time in the Balkans and encourages all Soldiers to make the most of their time here.

"If you sit in your room all the time, then you're going to have a miserable experience," she said. "I would tell all the Soldiers to get out and meet people because they could potentially be a part of your life forever."

In the shadow of a *Mountain*

Story by Staff Sgt. R. David Kyle

The father of our country, George Washington said, "To be prepared for war is one of the most effectual means of preserving peace." Anyone who has worn a military uniform quickly learns that preparedness is an effective deterrent, but it can also involve risk. Men and women of the United States military understand and have accepted that risk. Men and women like those of Task Force Shadow.

On March 31, an Air Force MC-130H Combat Talon II aircraft, call sign Wrath 11, crashed on a mountain ridge about 35 miles southeast of Tirana, Albania. The airmen from the 7th Special Operations Squadron, part of the 352nd Special Operations Group at RAF Mildenhall, England, were participating in a two-week training exercise with the Albanian military when the plane crashed about 11 p.m. local time.

The crash site was on very hazardous terrain about 5,500 feet above sea level. Albanian Special Forces made the ascent up the mountain by foot to look for survivors. Although the weather was degrading and the Albanians were ill-equipped to remain in those conditions, they refused to leave the site until the bodies of their American comrades could be recovered.

Within hours Task Force Shadow received the call.

"We were notified of the mission on the evening of 31 March and had assets on site the following day," said Lt. Col. Daniel Stefanowich, commander of Task Force Shadow. "Albania is part of Brig. Gen Wade's AOR (area of responsibility) and we therefore have a responsibility to support military operations there as well."

Task Force Shadow was tasked to provide helicopter support to the US Air Force in order to assist them in their recovery operation and accident investigation.

"Essentially, the only feasible way for recovery workers to get to and from the crash site was by helicopter. Task Force Shadow provided that support with two UH-60 Blackhawk helicopters," said Stefanowich.

Air Force and Army personnel from the United States, England, Germany, and Italy began arriving at the Tirana International Airport, Albania, the very next day. The first order of business for the Air Force was to establish a base of operations; they dubbed it Camp Talon Pride.

"The mission of Camp Talon Pride was to support the safety investigation board as well as recovery of the crew and equipment," said Air Force Lt. Col. Suzanne S. Kumashiro, Deputy Commander of the 31st Mission Support Group. "We could not have accomplished the mission without the air crews from Task Force Shadow. Their crews assisted with mission planning and strategies for safely extracting personnel and equipment."

"I met with the Air Force commanders here on the ground and worked out what our mission flow was going to be and explained to them our capabilities; basically what we were going to be able to provide each day," said Maj. Joel N. Allmandinger, D Company Commander, Task Force Shadow, "things like the number of flight

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Spc. Brian G. Harvey, a Flight Medic with Task Force Shadow, scans outside his side of the UH-60 Blackhawk as it lifts off from the airport in Tirana, Albania.

PHOTO BY STAFF SGT. R. DAVID KYLE





PHOTO BY MAJ. JOEL ALLMANDINGER

Army and Air Force personnel prepare equipment to be sling-loaded off the mountain after the last of the crew from Wrath 11 had been recovered from Guardian Site, and the aircraft's equipment removed or destroyed.

hours we can provide... and what they can expect from us."

For the Soldiers of Task Force Shadow, the initial coordination was a bit challenging. After the first 48 hours of operations, they worked through many of the details needed to conduct the mission effectively.

The main issue was simply a mutual lack of familiarity with how each branch conducted specific operations. Once everyone involved established an understanding of what the mission and expectations were relative to the flight crew's capabilities, those involved agreed the operation went extremely well.

"They (the Air Force commanders) briefed us on what we could expect from them logistically for support," said Allmandinger. "They provided for all of our logistics here such as food, fuel, transportation, lodging, and basic services. In return we provided them a way up to the mountain."

Kumashiro, the Air Force on-site commander, explained the conditions at the crash site were difficult at best.

"We refer to the crash site as Guardian Site," she said. "The conditions were pretty treacherous because there was snow, melting snow, and the cold; it

made for icy conditions."

Typically at night, the temperature dropped below freezing and during the daytime it was reaching the high 30's.

Deep snow and the steep mountainous

a Wing Resource Protection Noncommissioned Officer with the 31st Security Forces Squadron. Merklinger explained the fog, rain snow, and 50 miles per hour winds were almost a daily occurrence.



Conditions at the base camp were rugged. It was located 5500 feet above sea level and the teams endured freezing temperatures, high winds, dangerous slopes, and deep snow. The Air Force dubbed it Guardian Site.

terrain made the ability to reach the site by foot or vehicle extremely dangerous.

"Staying dry was the most important and hardest thing to do with the snow melting and the rain coming down," said Air Force Staff Sgt. Sarah J. Merklinger,

"When we first arrived, the snow was about six feet deep; we were working in arctic conditions, but we realized the mission must be completed," she said.

Another challenge facing the air crews from Task Force Shadow was the



Maj. Joel N. Allmandinger, D Company Commander, Task Force Shadow, leaves the flight line after completing a mission while the crew chiefs conduct refueling operations. Camp Talon Pride was located at the Tirana international Airport in Albania.

precarious landing at Guardian Site.

"The spot is pretty tight and it's on a pinnacle at about 5,500 feet and covered in snow," said Allmandinger. "Landing there is something that we are trained to do. It just requires the full coordination between the pilots and the crew chiefs."

A pinnacle landing is where at least two sides of the terrain slope down away from the aircraft, creating a place where the wind could come up the gorge and cause one side to be extremely turbulent. The Blackhawk crews were landing in a geographic saddle with barely enough room to accommo-

date the aircraft. The crew chiefs were responsible for clearing the tail and landing gear of the aircraft as it settled down. They monitored the sink rate of the landing gear in the snow and soil so that the aircraft would remain stable. In addition to the restricted landing area, there were other considerations that

Mountain continued on page 22

Going the DANCON distance

Story by Spc. Lynette Hoke

Getting a Soldier to march 15 miles with a 25-pound pack usually requires an order. The troops that participated in the Danish Contingency (DANCON) Road March not only volunteered but paid for the privilege. The event demonstrated the spirit of international cooperation that the Kosovo Forces use to bring peace and stability to the region.

"The geographical elements were good and the hill in the middle was a workout, but not too difficult," said 1st Lt. Craig Wiley, Commander, Headquarters and Headquarters Company, Task Force Shadow. "The course was nice because there were a lot of various terrains, small towns, and more populated areas," he said.

"The physical terrain of the march was tough," said Sgt. Kristy VanLanen, 432nd Civil Affairs in Task Force Falcon, "However, when you hit the finish line, you really felt a sense of accomplishment."

"The road march was long, but the view was incredible, especially from the top of 'Mount Doom,'" said Sgt. 1st Class Alan R. Gerardo, Bradley Master Gunner, 1-160th Infantry Division, Task Force Sidewinder.

Participants named the highest elevation point of the march, 'Mount Doom' which added to the element of accomplishment when the race was finished.

"The terrain was insane, we were actually walking up mountain sides and the checkpoints were awesome, they seem to be placed perfectly when you needed to refuel," said Sgt. Lisa Brooks, automation Noncommissioned Officer (NCO), G-6 Headquarters Company, Task Force Falcon. "I have never done anything like this before, so if I did it again I would probably do some things differently, but it was an experience worth having bragging rights for," said Brooks.

"We started training as a team and all came in approximately at the same time, as a team," said Brooks. "We had at least 10 people marching every Saturday morning, practicing with the required weight."



PHOTO BY SPC. LYNETTE HOKE

"It's my home unit's guidon and I wanted some motivation for the march," said Spc. Eric Hille, radio operator, Headquarters and Headquarters Company, Task Force Falcon carried the HHC 3/40th guidon the entire distance of the DANCON March.

"Knowing what to expect resistance-wise was really important for me being a first-timer," she said.

"My training for the march consisted of a couple laps around Camp Bondsteel. Personally, my recommendation to anybody who wants to do the march in the future is to do more training to build up your feet," said Wiley.

"I did train for this event on my Saturdays and sometimes Wednesdays. I had to let my feet know what was in store for them," said Staff Sgt. Richard

Cancino, Military Police Officer, 40th Military Police Company, Task Force Dragoon. "I did expect the course to be rough but what I didn't expect was that long hill at the end, that is what killed me, but I made it!" he said.

The DANCON March was held for the first time in 1967 by the Danish Contingency stationed in Cypress. It has always been 25.2 kilometers (km), over rough terrain.

Since 1967 there has been a DANCON March wherever there is a Danish



PHOTO BY SGT. 1ST CLASS BOBBY GRISHBY

The starting point for the DANCON march was packed with multinational Soldiers supporting the Kosovo mission, ready to complete the 25.2 km march.

Contingency. In the beginning, the event was for Danish personnel only, but soon the DANCON held a march in Croatia and Bosnia as well. Soldiers deployed in Afghanistan, the Former Yugoslavia Republic of Macedonia (FYROM), Iraq, and other countries can expect the same opportunity.

The DANCON is the longest KFOR march and last year it was conducted four times, said Capt. Karsten Kærhøj Nørgaard Welfare Officer for DANCON. Approximately 4,000 Soldiers/policemen participated, he said. This year the march was conducted April 17 and May 8.

"I liked the fact that all of the North Atlantic Treaty Organization partners were involved," said Cancino. "For those of us who don't get to go outside of the wire or on some joint operation, this particular event gave me the chance to mingle and make a few new friends," he said.

"The camaraderie on the march was good," said Wiley. "Everybody seemed to encourage everyone else and interacting with the Soldiers from other countries was fun," he said.

"I liked the vast amount of participation from all of the different



PHOTO BY SGT. 1ST CLASS BOBBY GRISHBY

Lt. Col. Timothy Swann, Multinational Brigade (East) G-3, spends his Mother's Day hiking the DANCON March.

nationalities and I was surprised by what a great turnout the march turned out to be," said VanLanen. "Not only were there a lot of people, but the enthusiasm level was very high," she said.

"Before the march, there was a lot of

cheering and singing going on, it was very motivating," said VanLanen.

"The mood of the crowd was great," said Cancino. "Everyone was pumped up for the march. There were Italians doing some type of motivation chant and some people were calling cadence during the march," he said. "It looked like everyone was just happy to be there," Cancino said.

Encouraging each other along the way, new friendships were formed during the trek to the finish line.

"The camaraderie of the march was simply amazing, all of the nationalities came together as one and it didn't matter which group you were with, everybody was very encouraging to one another," said VanLanen. "I did have a battle buddy for the entire march, I had never met him before that day, but he pushed me through and didn't let me give up. It was inspiring to see how everybody helped one another out," she said.

"We helped push each other to finish what we started and to not give up, you might not have understood what someone was saying but somehow you knew what they meant," said Gerardo. "No matter how sore or bad you felt,

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Practice makes perfect



Soldiers from Task Force Shadow watch as a Swedish medical advancement team load a "victim," into a US Kosovo Forces Medical Evacuation helicopter during the multinational mass casualty exercise that took place at Camp Vreleo.

Story and photos by Spc. Lynette Hoke

BOOM! The doors of the emergency room (ER) burst open. The smell of fresh blood precedes the 10 casualties being rolled in from a five-car accident.

The ER technician and his staff of two nurses dart towards the victims to check their vital signs. With several of the crash victims bleeding from the head and sides, moaning in agonizing pain, the trauma involved with this situation is all around the hospital. The staff is now faced with more patients than their facility can handle. After extensive training for this type of scenario, the team goes into the implementation stage of handling the situation; calling for back up!

"A mass casualty, by definition, is anything that exceeds the capability of a medical treatment facility or medical treatment personnel that are on site," said Master Sgt. Terry W. Ellis, Task Force Med Falcon, Noncommissioned Officer. "A mass casualty exercise is something that tests that capability."

A mass casualty exercise is a way to



Cpl. Charalampos Kourkoravas, anti-tanker assaultman, from the Hellenic 507th Mechanized Infantry Battalion is moulaged before participating as an injured victim in the mass casualty exercise.

assess KFOR's ability to respond to critical events, said Lt. Col. Steven Caverto, Deputy Medical Advisor to Commander Kosovo Forces (COMKFOR),

A mass casualty plan is implemented when the medical facilities for an emergency is not enough, he said.

Based on the status of the patients involved in the mass casualty exercise and the facilities available, the medical advisor to COMKFOR would decide which patients go where in the KFOR theater, said Caverto.

The biggest reason to have all of the nations involved in this exercise is because there is a good chance in a real situation they would all need to work together, said Ellis. This exercise is a great opportunity to overcome the different standard operational procedures the various nations use and address complications that could occur with language barriers, he said.

A multinational mass casualty exercise is a good opportunity to test the

capabilities of different nations and see where conflicts could arise, said Ellis. Also, to be able to correct any problems before a mass casualty situation actually occurs, he said.

Medical evacuation is crucial in real-life situations; medical evacuation (MEDEVAC) is the primary form of immediate transportation for individuals injured in Kosovo. Due to the size of the province, we can evacuate patients from anywhere in Kosovo to the Camp Bondsteel hospital in about 15 to 30 minutes. By having medical evacuations during the exercise, it gets the medical personnel from different nations used to seeing the various kinds of helicopters coming in for medical patient pick-ups, Ellis said.

Tasks, such as, on-and off-loading patients and equipment from helicopters and ambulances is essential so that medics from any nation can work efficiently, Caverto said. Coordination and understanding is the ultimate key to get people used to different ways of conducting the business of saving lives, he said.

Medical staff from each of KFOR's sectors need to be able to work together to provide one response team and make sure that would be the best reaction possible in times of emergency. Across the entire area of responsibility, all KFOR medics must be able to work together, said Caverto.

He explained that challenging medics to deal with this type situation now would be able to save lives in the future.

One of the things that Ellis saw that was interesting to him was the people from different countries using English as a common language to communicate.

"The expected language to be used is English, although we do have interpreters available for translation," said Caverto, "future exercises may include people who don't speak English".

A mass casualty exercise is done once a month in Multinational Brigade (East) by regulation, said Ellis. To involve multiple international organizations, realistically, the exercise can only be held twice a year, because of the extensive planning which goes into it, he said.

The exercise took about three months to plan out, said Ellis. There is a lot of time spent in offices, having meetings, discussing the situations that



The exercise involved many medics from different nations to work together and accomplish a single quick reaction during the mass casualty exercise that took place at Camp Vreleo

will occur and the different assets that will be needed. The crucial elements for a realistic exercise include: scenarios, the severity of the patients' wounds, the moulage (make-up used to simulate real life injuries), and role players, said Ellis.

"We put role players on the scene to add realism to the incident," said Caverto. "It gives the role players a chance to act as a patient and they are able to give information to the medical responders about how they conducted their job."

"Overall, I think the exercise went very well," said Ellis. "Everybody had the opportunity to work together, the patients were moulaged up to the point that it was very realistic, the coordination was put together very well and the situation had a certain point of realism to it."

"I would hope that none of the sec-

tors in Kosovo would have to utilize the KFOR mass casualty plan, but in case of an emergency, the medics are readily available and very prepared to react quickly and function accordingly regardless of nationality," said Caverto.

As the ER technician writes up his report of the night's events, he reflects on the life-saving training he received just months before.

Questions about what might have happened if he did not have the knowledge of the mass casualty plan were quickly pushed to the back of his mind by the faces of the patients he helped save with his international partners.

Once again, practice makes perfect, or in this case, sustains the lives of his fellow comrades.



Concert photos by Spc. Jennifer Woods and range photos by Spc. Alicia Dill

A concert close to home



PHOTO BY SPC. JENNIFER WOODS

With weapons and cameras in tow, Soldiers at the Camp Bondsteel theater rock out to the sounds of Lit during the concert performed May 2.

Story by Sgt. Matt Jackson

The amplified percussion and distorted thrumming were loud enough to drown out a few Blackhawk helicopters. Multicolored chem-lights and lasers tripped and fell in the hot, chaotic darkness. The combination of heat, lights, and hard-rock music caused spasmodic waves to ripple through the crowded auditorium.

It was just like any rock concert back home – almost.

"This is the one show where everybody can bring guns and there's no alcohol," said Kevin Baldes, bassist for the Orange County, Calif. band, Lit, who rocked Camps Monteith and Bondsteel earlier this month. A. J. Popoff, lead vocals, guitarist Jeremy Popoff, his brother, and Allen Shellenberger, drummer, fill out the four-man band.

"It was a trip seeing guys moshing with guns," said Jeremy. "That's a whole new deal; uncharted territory for us."

When they weren't busy playing guitars and kicking some fourth points of contact, Lit received hands-on training from the Soldiers of Multinational Brigade (East). They fired several different weapon systems at the Small Arms Virtual Training course, checked out the Blackhawks, ate at the chow hall and toured Camp Bondsteel in High Mobility Multipurpose Wheeled Vehicles. The band also spent a lot of time just talking to troops.

"It's been really cool to sit down with some of the Soldiers and pick their brains," said Baldes.

"One of the things that amazes me is how many different jobs there are and how many different things people do," said Jeremy. "It's just really cool how everybody's really into what they do and everybody's pretty passionate about it."

"The trippy thing is the reality of the people behind the guns," said A. J. "You see on TV the guys in war, Hol-

lywood-ized. You don't really get to see the human side of it. Hanging out with our Soldiers has been an eye-opener. They're supporting our country and they're basically the American heroes. It's just kind of a surreal thing how normal everyone is."

The band understood the importance of the KFOR mission to sustain a safe and secure environment.

"Going through town and seeing all the kids and all the people and how happy they are to see the Soldiers here," said A. J. "It gives us a good feeling. You guys are definitely doing an awesome thing here."

The Soldiers thought Lit was doing an awesome thing, too, as indicated by the roaring cheers at the Bondsteel show, spurred by such crowd-pleasers as the opening notes of the National Anthem during Jeremy's (non-alcoholic) beer solo, and the band's classic "Miserable." Soldiers flooded the stage

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impacted safe maneuverability.

"When we first arrived, we chose an LZ (landing zone) that was on top of a ridge about 400 meters from the crash site," said Spc. Chad C. Phillips, a crew chief with B Company, Task Force Shadow. "The snow on this LZ ranged from six inches to six feet. We found this out when we first landed and the helicopter started sinking."

For the passengers climbing out of the Blackhawk, the deep snow and narrow landing zone proved to be challenging as well.

"There was enough room in the LZ for one helicopter and even then it was tight," said Phillips. "When personnel exited the aircraft, they would sink up to about their knees and one poor guy sunk to about his chest."

As the passengers exited the helicopter they had to navigate a 75-80 percent slope to the crash site.

"The Air Force ground crew would exit the aircraft, take three steps, and slide down the hill on their bags (approximately 40 feet down) to their operations tent," said Sgt. Maximilian D. Geise, a crew chief with B Company, Task Force Shadow. "It was pretty funny to watch. After the snow melted, the LZ was nothing but mud."

There were two crews directly involved in the mission at all times; each crew consisted of two pilots and two crew chiefs. The crews and aircraft were rotated at least weekly and they were responsible for transporting personnel to and from the crash site as well as re-supplying the forward base at the crash site.

"During my tenure at the site we moved mortuary affairs personnel in and out as well as EOD (explosive ordnance disposal), recovery, and security teams," said Sgt. 1st Class Jeff C. Huttie, a platoon sergeant with B Company, Task Force Shadow. "With our aircraft background, we were also useful in entering the wreckage and identifying and recovering items."

Besides transporting service members to the site, the air crews retrieved radios, sensitive equipment, and some of the explosives the aircraft carried.

"If the item was too heavy to load it internally, then we would sling load it off the mountain," said Allmandinger.

"The 787th Ordnance Company was responsible for destroying all remaining wreckage for the Air Force."

"Our role was to provide the explosives and to conduct a joint operation with Air Force EOD to de-mil (reduce the aircraft to small pieces) the MC-130H in small enough pieces so that it could be removed from the mountain with ease and to ensure that all classified and sensitive items were either recovered or destroyed and to eliminate any other hazardous components," said Sgt. 1st Class Robert A. Olaires, first sergeant of the 787th Ordnance Company, Task Force Falcon.

"The entire Air Force operation down there was outstanding," said Staff Sgt. Charles A. Gross, a team leader with the 787th Ordnance Company, Task Force Falcon. "The Air Force EOD team, headed by Staff Sgt. Josh Gidcumb, had been on the scene from crash day plus two. Despite fatigue and mental strain, they were still professional and motivated throughout the time we operated with them," said Gross.

The Soldiers' respect for their Air Force counterparts was mutual.

"They are a good group of guys," said Air Force Staff Sgt. Joshua D. Gidcumb, an Explosive Ordnance Disposal Team Leader with the 31st Civil Engineer Squadron. "Without them we couldn't do our job as easily."

"We meshed really well" said Cpl. Anthony J. Salvo, a team member with the 787th Ordnance Company. "EOD techs speak the same language regardless of what branch we're in."

The spirit of cooperation by all involved and the determination to accomplish the mission were forged on the mountain, regardless of the bitter cold and jagged stone. Army and Air Force alike were driven by the desire to return their fallen comrades home.

"All of the service men and women involved in the recovery refuse to refer to their fallen comrades as HRs or Human Remains instead preferring to call them VIPs," said Stefanowich. "Each time a VIP was brought down from the mountain the entire base camp stopped to hold a service in honor of the fallen service member."

"It's a good feeling knowing you

brought those guys home and that maybe you brought their families a little bit of peace," said Phillips. "It's also good knowing that if it ever happens to me that someone is going to bring me home for the last time."

"The job we perform is a very important one," said Gidcumb. "In the end everyone pays a price and sacrifices some part of themselves to mission and country. These gentlemen heroes paid the ultimate price with their lives."

George Washington was right; to preserve peace we must be prepared for war. It is equally true that our preparedness can come with a very high price. The Airmen and Soldiers involved with recovering the crew of Wrath 11 found out how much it could cost in the shadow of a mountain. ★

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during the Lit hit, "My Own Worst Enemy" as A.J. passed the microphone around.

The band also seemed to do the impossible when they turned a theater full of screaming, stage-diving Soldiers into somber, sentimental souls during their song "Lullaby," which, although written for a rock star's son, has lyrics anyone who has been apart from a loved one can relate to.

"To be the wife of a Soldier..." said Jeremy.

"And worry about the lives of your loved one..." said Baldes.

"That's a tough one," said Jeremy. "They're definitely to be commended, too."

Playing shows for a military audience was a new experience for the band. A few months ago, Lit was contacted by a California production company that provides entertainment for troops around the world.

"I mentioned the fact that nobody's coming to the Balkans, at least not big name celebrities, because our forces are smaller here," said Dwayne Ulloa, of AKA Productions in Upland, Calif. Ulloa was Lit's Tour Producer for their recent concerts at military bases in Kosovo and Germany.

"The guys had a good attitude, like 'Hey, if they're American Soldiers and they're not getting anything, let's go

down there. Maybe it will motivate other bands to do the same.”

“We’re going to put the word out, too,” said A. J. “We’ve got a lot of friends in bands. We’re going to let them know they have to come out and play some shows.”

The band will go home with a lot of positive memories from their trip.

“I think these shows are way more rewarding, spending time with Soldiers and helping them out with morale,” said Shellenbarger.

“We were already proud Americans,” said Jeremy, “but I think we’re going to go home even more proud, just seeing our guys out here.” ★

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there was always someone there with a smile, letting you know that everything’s going to be all right and the finish line is just around the next bend,” he said.

“I understand that everyone had different reasons for attending the road march, some did it to be the best, and others did it to see if they still could, there’s a thousand reasons why we did it, but the bottom line is we all did it together,” said Gerardo.

What was involved in bringing all these people together for the DANCON? A lot of manpower and supplies. Normally it takes around 40 volunteers to conduct each march, said Nørgaard. Also, according to Nørgaard, every DANCON March requires more than five tons of drinking water, three tons of fruit and around 2,000 sandwiches.

Besides a nice march, and a chance to meet a lot of new people, the participants receive a medal and a certificate of completion. They have to be in uniform with boots, carry 10 kilograms all the way, and they have to finish within eight hours.

During the most recent march, held on May 8th, there was a record attendance of more than 1,400 participants, according to Nørgaard. A new record was made when a Swedish Soldier conducted the entire march in his Nuclear Biological Chemical mask, he said.

The record time is two hours and six minutes by a French participant in 2004. The record regarding the most weight carried is 43 kilograms, by a Danish marcher in 2004, according to Nørgaard.

“This was just the beginning for me, I like this kind of thing,” said Cancino, “I’m not in it for the competition, just to do it. ‘This was just a practice for ‘Big Duke,’ if there is another one, I’ll be on it.”

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riot control tactics using the Bradley.

The American riot control gathered around the Bradley and the COB’s once again began their demonstration. As their aggressive behavior escalated, 1st Lt. Russell Loew, Platoon Leader, Company C, 1-160th Infantry, bellowed over the loud horn, “Ten steps forward.”

The Soldiers on each side of the Bradley echo the preparatory command, “Ten steps forward.” “March,” commands Loew as the Soldiers begin their count while the Bradley’s forceful engine picks up momentum and moves in sync with the Soldiers. On command, the Bradley and Soldiers continue moving in sync snatching COB’s and pushing the remaining ones further down the road.

“Which one of you is the leader,” asks Loew? Without hesitation, arms straight in the air as the COB’s yell with authority, “I’m the leader! I’m the leader!”

The riot continued and the violence persisted.

“Point 203!,” said Loew. “Point 203,” echoed the Soldiers. The command, “Fire” is given, ENDEX is called and Soldiers begin branching off into groups to discuss the events that had just unfolded.

The commander walks up and asks 1st Lt. Michael Anderson, Executive Officer, Company C, 1-160th Infantry, a question about the tight spacing of American troops.

Anderson said, “It’s so they don’t break the line. Because if you’re not close together, they can...,” he simulates grabbing a shield with both hands and breaking the line.

Small conversations continue as Soldiers from both military groups discuss tactics. Some Charlie Company troops gathered around Noll discussing some of the differences they observed.

“We do step, step, step and they bull rush,” said Noll, identifying just one of the differences between American and MSU tactics.

“This is the first step in our training,” said Bassot. “As a first step, I think it’s good to get together with

this Task Force to meet them, enlarge our knowledge of each other and increase cooperation and coordination. The best way is to train together and improve coordination.”

As Bassot stood on top of a Bradley he took a picture of his Soldiers mingling with the American Soldiers.

“They were really interested in the Bradley,” said Shaw speaking of the show and tell session that went on after the training. “It was really cool to see how other armies are equipped. It was a very different atmosphere from the training to (the atmosphere) after the training.”

The joint CRC training was a valuable experience according to Noll, “These are always opportunities to learn TTP’s (tactics techniques and procedures). Everybody does it differently and there’s always room for improvement to learn from other countries,” said Noll.

“These joint-training exercises are a great opportunity for us to develop a brotherhood,” said Bassot. “We are on the same mission.”

When it comes to international training where languages and tactics differ, the key element to remember is we’re all on the same mission. ★

A job well done...



PHOTO BY MAJ. ROBERT HOULE

Brig. Gen. William Wade, Multinational Brigade (East) Commander presents an award for the successful completion of CRC training to Lt. Col. Gilles Weiten, former Deputy Chief of Staff for the MSU) for the outstanding support and cooperation between Multinational Brigade (East) and MSU

Parting Shots

PHOTO BY SGT. MIKE SIMMERS

